

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE POWER OF BELLY BREATHING

EXPLANATION:

THIS ACTIVITY ENGAGES OLDER CHILDREN IN A GUIDED BREATHING PRACTICE. THIS ACTIVITY WOULD BE SUITABLE AS A FOLLOW ON ACTIVITY FOR OLDER CHILDREN TO THE 'BELLY BUDDIES' ACTIVITY OUTLINED ABOVE IN LESSON 9. WHEN WE ARE IN A BALANCED STATE OF BEING, THE NATURAL BREATH ENGAGES THE DIAPHRAGM - A THIN SKELETAL MUSCLE THAT RESTS BETWEEN THE CHEST AND THE ABDOMEN.

METHODOLOGY

- INVITE CHILDREN TO REST ON YOUR BACK, PLACING ONE HAND ON THE BELLY AND THE OTHER ON THE CHEST.
- TAKE A FEW NORMAL BREATHS TO FIRST OBSERVE WHICH PART OF THE BODY IS RISING AND FALLING WITH EACH BREATH.
- NOW, SEE IF YOU CAN DEEPEN YOUR BREATH BY SOFTENING THE BELLY.
- LET YOUR BREATH COME BACK TO ITS NATURAL DEPTH AND PACE. NOTICE THE DIFFERENCE IN THE MOVEMENT IN YOUR BODY AS YOU BREATHE CERTAIN WAYS.
- BEGINNERS MIGHT LIKE TO PRACTICE THIS FOR ONE OR TWO MINUTES AT A TIME.
- HOWEVER, AS YOU BECOME MORE COMFORTABLE, WITH THIS FORM OF BREATHING, SEE IF YOU CAN EXTEND THE LENGTH OF YOUR SESSIONS BY A FEW MINUTES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU NOTICE ABOUT HOW YOUR BODY MOVED IN CERTAIN WAYS AS YOU TOOK DEEP BREATHS?

REFERENCES:

MINDFULNESSEXERCISES.ORG

LESSON #:

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LESSON RESOURCES

